

Relax! Don't do it...

Citation for published version (APA):

Rodríguez Nieto, G. (2018). Relax! Don't do it...: The psychological and physiological mechanisms underlying sexual inhibition . [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20181004gr>

Document status and date:

Published: 01/01/2018

DOI:

[10.26481/dis.20181004gr](https://doi.org/10.26481/dis.20181004gr)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

PROPOSITIONS

- I. Sexual inhibition is not a unidimensional construct. Instead, it can be segregated into specific cognitive and motivational components that are reflected in distinct neural networks and relate to different sexual manifestations.
- II. The inferior frontal gyrus is associated with self-regulation processes but does not directly code for sexual inhibition.
- III. Neural activity within anteromedial prefrontal cortex is modulated by cortisol during the approach of sexual stimuli.
- IV. Individual hypersexual tendencies can be predicted by high levels of testosterone and low self-control.
- V. The importance of controlling for differences in psychological traits in brain stimulation research is underestimated.
- VI. Brain mechanisms are modulated by autonomic and endocrine responses which evolved as an adaptive response to environmental challenges. Therefore, a biopsychosocial perspective is crucial in characterising and describing affective processes.
- VII. Communication and collaboration between people from different fields of knowledge is essential to achieve the aim of Proposition VI .
- VIII. The understanding of sexual inhibitory processes and its modulators is crucial in improving treatment designs in sexual disorders.
- IX. Attachment to any given idea compromises objectivity and therefore should be avoided in science.
- X. “Science transforms muggles into wizards” Banner from a little girl at the March for Science, Maastricht 2017.